

# You can prevent falls:

Fact Sheet No. 4

## By involving your community!

Most people aren't aware of some of the easy steps that can be taken to protect them against falls. You can help by encouraging your local community groups, social clubs, Legion and municipality to get involved in educational and program activities regarding falls prevention. You can even start your own group in the neighbourhood!

Working with friends or a local organization, you can increase the awareness of seniors, veterans and the community at large about the dangers and solutions with respect to falls. You know your own community best so you may have your own ideas on how to get the local groups involved. The following can help you get started:

- Provide available written **materials on injury prevention** (see Resources, Fact Sheet No.7) to your community resource centre, to Legion halls, lodges and other places where seniors congregate.
- **Showcase** these materials **in a visible public space**; also ask your municipality, library or local shopping centre to display them.
- **Partner with other groups** that wish to prevent falls in your community (e.g. municipal government, recreation committee, volunteer coordinator, local health centre).
- **Consult** members of your organization and seniors in the community to determine what needs to be done locally regarding falls prevention, and what approaches should be pursued.
- Petition your local government and businesses to **remove potential hazards** and to ensure the design of safer public spaces.
- **Report any unsafe conditions** to the proper authorities.
- Arrange to have **workshop speakers** such as a public health nurse or a town planner/engineer discuss their roles in decreasing risks for falls or lead a discussion yourself on how to prevent falls.

- **Submit informative articles** on falls prevention measures in publications that reach local seniors.
- Arrange or ask the municipality to **arrange home visits by technical experts** to assist seniors and veterans in identifying and eliminating risks.
- **Become an advocate!** Ask your municipality to design safer environments; ask that exercise programs be offered to help seniors maintain strength and balance; organize a walking program in your local shopping mall or elsewhere.

*Ask for the Resources Fact Sheet No. 7 to obtain material to start an injury prevention program in your community.*